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SUBJECT/SUJET: YMCA'S EDUCATION PROGRAMES LOOSEN MACHINE AGE SHACKLES

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Emphasis of the Montreal YMCA's fall education program is on courses which tap and develop individual capacities to enjoy more things more fully.

Many of these simultaneously stretch participants' abilities to cope with the accelerating tempo of change and the dehumanizing forces of our machine-oriented society.

At the Downtown, NDG and Westmount branches, courses start October 9. They range from speed reading, bridge playing, drama, public speaking, creative writing, painting and dancing through dressmaking, languages and industrial management.

"While not a panacea, continuing education can help cure a number of social ills and point the way to solutions for many others," says R.D. Sallery, adult program director of the Downtown YMCA.

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"Unfortunately, too many of us tend to equate learning with childhood. We try to make education universal for youngsters and, in doing so, frequently assume it is only for them."

He suggested that, in the minds of many adults, enrollment in any sort of course of study is tantamount to an admission of inadequacy.

"That's nonsense. These days, willingness to continue learning is almost the only answer to obsolescence," he insists.

Mr. Sallery suggests that the present structure of society tends to trap individuals at minimal levels of performance and achievements.

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As a result, most people use only a small percentage of their potential capacities.

"Continuing education, adult education, creative use of leisure time -- call it what you like -- can help an individual live up to his potential and enjoy it," comments Mr. Sallery.

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